

Igiugig News & Notes

Igiugig Tribal Village Council

April 2009

Volume 12, Issue 4

It's a Small World, Why Not Grow Potatoes?

By AlexAnna Salmon

In preparation for our community greenhouse, I attended the Fifth Annual Sustainable Agriculture Conference and Organic Growers School in Fairbanks. On Monday, March 16, I jumped aboard a van of enthusiastic growers to tour Chena Hot Springs. Owner Bernie Karl gave us the grand renewable energy tour and a look inside his commercial greenhouses that feed the resort. While bathing in the hot springs, I met Mark and Kristin's neighbors—they drove all the way from Haines for the conference. I made instant friends to enjoy the conference. Over the next two days I learned about: community supported agriculture and the importance of growing and distributing locally; hydroponic production; innovative techniques for composting and weed suppression; extending the season with hoop houses and high tunnels; trials and tribulations around egg and poultry production; direct marketing and ideas for value-added products. Needless to say, the information was overwhelming!

On the other hand, we will all get an opportunity to learn more about greenhouse management, vegetable growing, and composting. Between April 20-24th, instructor Jeff Smeenk of the Palmer Research and Extension Service, will teach all we need to know about beginning our own local production. He will offer a two-credit course for any interested community members and I encourage everyone to join in the fun, especially since tuition will be provided. We will construct our own greenhouse and learn

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Earth Day, One Man's Mission

By April Hostetter, IGAP Intern

Oil spills, power plants, toxic dumps, pesticides, and extinction were only a few reasons problems creating smog filled cities and polluted waters during the 1960s. As people started noticing how the environment was being affected, they started protesting and creating uproars to plead for a cleaner world. A Wisconsin Senator, Gaylord Nelson, became increasingly concerned about how the environment was not being addressed politically and started thinking of ways he could improve the situation. He traveled across the country, speaking about environmental

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Birthdays this month

- April 23
Mike Andrew, Sr.
- April 27
Randy Alvarez

GROW POTATOES (Continued from page 1)

from an experienced horticulturalist the joys and challenges of managing one.

Once again, I learned what a small world it is when I realized Jeff is from Penfield, New York and attended Penfield High School with my dad. Now he works at the Palmer Research and Extension Center. I made a small excursion to this “experimental farm” where I was shocked to realize the extensive research on potatoes. Apparently, Alaska has little known potato viruses compared to the rest of the world, so it makes for great field testing. Tanya, my classmate Josh and I ventured through the entire farm, and it felt like we were touring a secret government operation. You could not imagine the equipment and technology involved in testing for potato viruses. I was so awestruck that I had to ask if humans could get these viruses. The last thing I want is to poison the people with my potatoes! That brought about a good round of laughter, as Jeff informed me that humans are very different from plants and that it is not possible. On we toured, every opening door building more mystery. We found ourselves in an enormous root cellar housing at least 150 varieties of potatoes—some a deep purple inside. We left the experimental farm with a newfound appreciation for potatoes, a new excitement for growing them in Igiugig, and sackfuls of spuds to sample. To make a long story short: two boys graduated from Penfield High School, one earning his PhD in horticulture; the other, a tribal administrator in Igiugig. Both found their homes in Alaska, and paths will eventually unite through potatoes. If there is one thing I learned from this conference: It’s a small world, so why not grow potatoes?



Tomatoes growing in the greenhouse at Chena hot Springs!

EARTH DAY (Continued from page 1)

issues and finally, a couple years before the first Earth day, Nelson announced that in the spring of 1970 there would be a national day to recognize and discuss environmental problems. He brought groups protesting the loss of wilderness, extinction of animals, and polluting factories together and made them realize they all had one common goal: to improve the environment. Hundreds of rallies were organized across America to bring in about 20 million people to celebrate the first Earth Day.

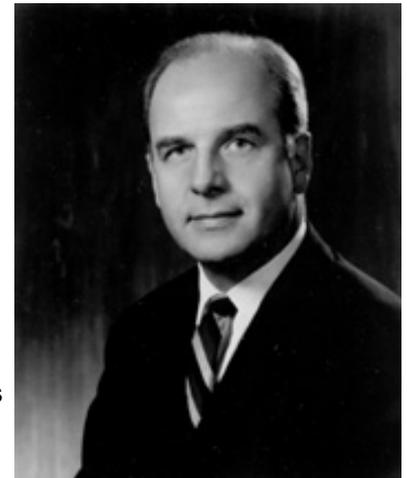
The celebration of Earth Day continued every year and started to become a worldwide celebration. In 1990, 200 million people in 141 countries helped get environmental issues recognized by the entire world. In 2000, millions of people participated from 184 countries. What started out as one man’s idea to get the environmental issues nationally acknowledged, became a movement that would change the entire world.

Now, this year’s Earth day is focused on being green and reducing our ecological footprint. Earth Day 2009: the Green Generation is the theme of this year’s earth day. The Green Generation core principals are:

- A carbon-free future based on renewable energy that will end our common dependency on fossil fuels, including coal.
- An individual’s commitment to responsible, sustainable consumption.
- Creation of a new green economy that lifts people out of poverty by creating millions of quality green jobs and transforms the global education system into a green one.

These, as well as more information on what you can do to help out on Earth Day can be found at

<http://www.earthday.net/earthday2009>



Frostbite vs. Hypothermia: the Great Winter Debate

By Camille Andrew, 4th Grade, Igiugig School

Frostbite and hypothermia occur often in Alaska. People who expose their skin to the extreme outdoor conditions run the risk of frostbite or hypothermia. Both frostbite and hypothermia are physical conditions that can be prevented. By preparing yourself for all possible weather conditions, one can avoid frostbite and hypothermia. If you aren't prepared for winter dangers, you can be in a deadly situation. As Shakespeare said, "Readiness is all."

Hypothermia and frostbite both occur in very cold weather. Hypothermia can also occur in warmer climates. Hypothermia, on the other hand, is when all the heat and energy of the body is consumed. Created by Mother Nature, frostbite and hypothermia seem like distant cousins. Frostbite, which stings the open area, is when a section of your body freezes and cells die. For example: no hat and no gloves can increase the risk of frostbite. With hypothermia people make poor choices because your temperature drops and your brain starts to not know what's going on. Hypothermia feels like your body is burning because your brain can't explain what's going on so your brain thinks you're scorching. But both can be prevented.

If you have never had frostbite or hypothermia and don't want to get it follow these prevention tips. To retain your body warmth, increase your physical activity. Frostbite is as bad as hypothermia, but for frostbite you

have to dress appropriately, because it minimizes the chance of getting frostbite. And that goes for hypothermia too. So, if you want go out in the middle of winter, dress properly.

It helps to know stages of frostbite and hypothermia. Frostbite starts out as frostnip when you're really cold, but not yet to superficial frostbite. At the first stage you should get the victim out of the cold to prevent a worse stage of frostbite. Superficial frostbite is when your skin is hard on top and soft underneath. That means the layer of is frozen. Deep frostbite, the third and last stage, is when a tissue is frozen. Hypothermia stages are something we should also know. The first stage is when the body temperature is between 95- 96.8 degrees Fahrenheit; the second stage is 91- 94.8 degrees Fahrenheit. And last but not least, the third stage at a temperature of 89.6 degrees Fahrenheit. After the last stage of hypothermia you really, really need medical attention.

So, do you see the importance of dressing appropriately for weather at all times? I've never had frostbite or hypothermia; and if it's one area of my body stinging or my whole body burning, I don't want to get either. And remember those stages of frostbite and hypothermia to know what can happen to you or a friend or a family member.

Jr. High AA Meet Leadership

By Jeremy Salmon, 11th Grade, Igiugig School

Just arriving back home from the Kokhanok Carnival, I had to pack quickly and rush to school for I was leaving to Naknek for the Jr. High AA Meet. At Naknek, all five leaders prepared for the week of leading and teaching the younger students. We lead the icebreakers, helped teach classes, and, of course, had fun.

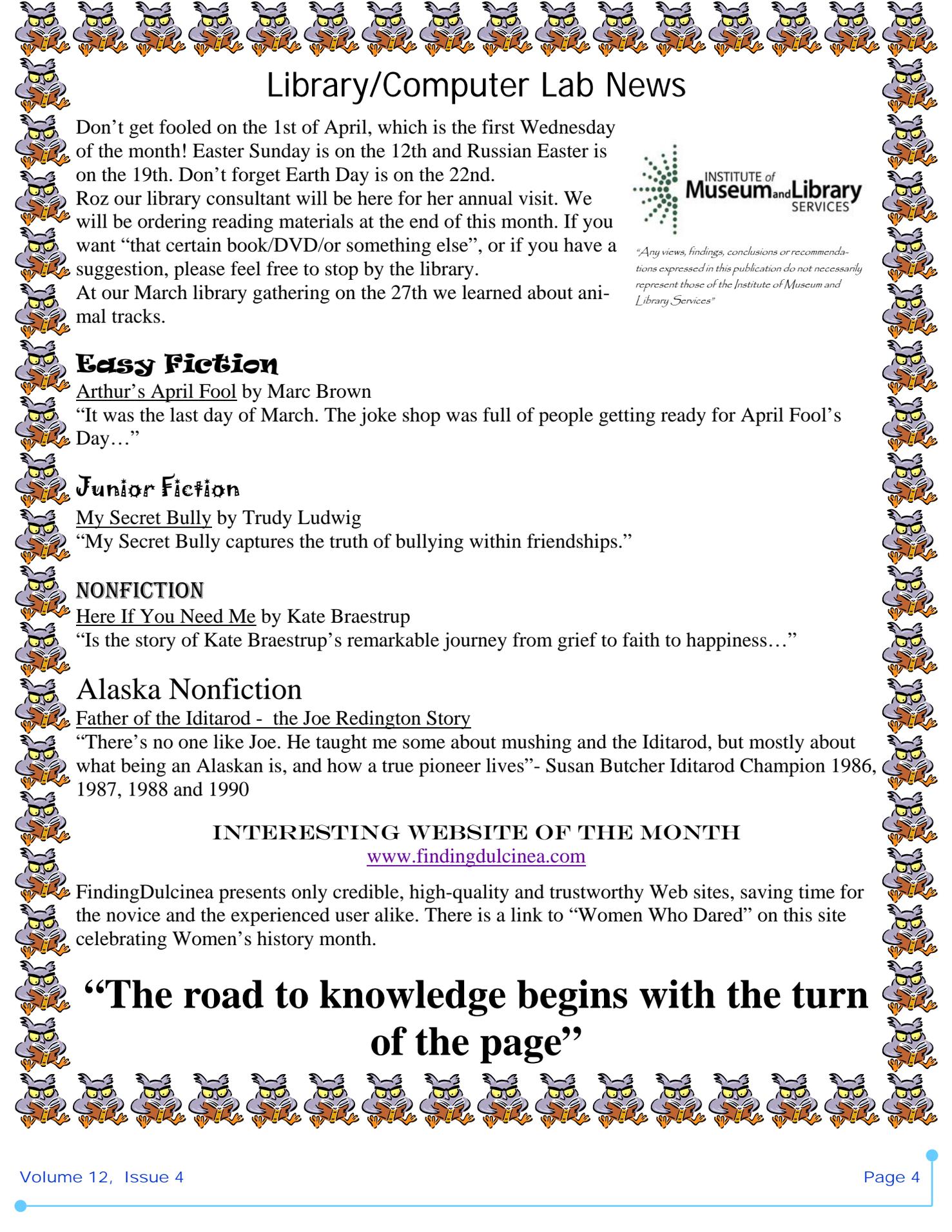
The time was 6:15 A.M. and I was just preparing for my travel back to Igiugig from Kokhanok. Not wanting to travel Sunday night for I would miss the banquet, Mary Hostetter and I decided to leave early Monday morning. When we began our journey, the time was around 7 and the wind was blowing. We headed for Big Mountain and by 8:30 A.M. we made it home, catching some frostbite on the way. After warming up and packing, I went to school and waited to head to Naknek.

My plane had arrived around 1:30 P.M. and I was

on my way to leading. Arriving in Naknek, I was greeted by leaders Samantha Foss, Madison Ayson and Sasha Kramer, along with staff Ed Lester, Caleen Cox, and Katy Journey-Davey. After Celestee Christensen, the last leader, arrived, we began our planning. We organized who was going to lead what workshops, the classes we would help in, and the icebreakers we were going to do. The workshop I lead was the carpentry workshop, I helped in the dissecting class, and we all did the icebreakers together.

Celestee and I were helping in the dissecting class on Wednesday and Thursday. The student's dissected mud-puppies, which are small salamanders. There were three different groups; so on Wednesday two groups came and Thursday we had the last group. Our role was to help the students in their dissecting and watch over them to make

(Continued on page 12)



Library/Computer Lab News

Don't get fooled on the 1st of April, which is the first Wednesday of the month! Easter Sunday is on the 12th and Russian Easter is on the 19th. Don't forget Earth Day is on the 22nd.

Roz our library consultant will be here for her annual visit. We will be ordering reading materials at the end of this month. If you want "that certain book/DVD/or something else", or if you have a suggestion, please feel free to stop by the library.

At our March library gathering on the 27th we learned about animal tracks.



"Any views, findings, conclusions or recommendations expressed in this publication do not necessarily represent those of the Institute of Museum and Library Services"

Easy Fiction

Arthur's April Fool by Marc Brown

"It was the last day of March. The joke shop was full of people getting ready for April Fool's Day..."

Junior Fiction

My Secret Bully by Trudy Ludwig

"My Secret Bully captures the truth of bullying within friendships."

NONFICTION

Here If You Need Me by Kate Braestrup

"Is the story of Kate Braestrup's remarkable journey from grief to faith to happiness..."

Alaska Nonfiction

Father of the Iditarod - the Joe Redington Story

"There's no one like Joe. He taught me some about mushing and the Iditarod, but mostly about what being an Alaskan is, and how a true pioneer lives"- Susan Butcher Iditarod Champion 1986, 1987, 1988 and 1990

INTERESTING WEBSITE OF THE MONTH

www.findingdulcinea.com

FindingDulcinea presents only credible, high-quality and trustworthy Web sites, saving time for the novice and the experienced user alike. There is a link to "Women Who Dared" on this site celebrating Women's history month.

"The road to knowledge begins with the turn of the page"



SAVE THE DATES

April 20-24, 2009

Igiugig Village Council will be offering an

agriculture class

with Jeff Smeenk

from Palmer Research and Extensive Service.

This is a 30-hour 2-credit course. The course fee of \$75.00 will be paid by the IVC for those that attend and complete the whole course.

Any questions, please contact AlexAnna at the Council office.



Sudoku

Answer can be found on page 11.

			8					9
			4		7			
6							5	2
8						1		
			5		4	3	2	
					6			4
2	3							
	4		1			7		
		7						

Poetry Out Loud by April Hostetter, 11th Grade, Igiugig School



“I’ll bet you any amount of money that he’s one of the other competitors,” my dad whispered to me, nodding at a boy and his father sitting across from us at the Anchorage airport. I looked over and noticed he was reading a C.S. Lewis book, and agreed. There were seven Poetry Out Loud finalists including me. I was the regional finalist of southwestern Alaska, and I had won by sending in a recording of my recitation of “Conversation” by Ai. I, unlike the other competitors, did not have to win numerous competitions so I was a bit wary of reciting my poems, but extremely excited about hearing the others’.

We weren’t even in Juneau yet and I was already almost shaking at the thought of reciting poetry in front of a large crowd. I recited all three of my poems, “I Am!” by John Clare, “To Spareness” by Jane Hirshfield and “Conversation” by Ai over and over in my head, trying to calm myself about the upcoming competition. It didn’t work very well. Finally, we boarded our plane. Usually I sleep on flights, but I was too nervous to sleep. After an incredibly boring and seemingly never-ending flight, we arrived in Juneau. A bus came and picked us up, we took a short tour of the area surrounding the hotel we were staying at. The next morning we went to the Juneau Arts and Culture Center to eat breakfast and sign up for recitation coaching with Jack Campbell. I signed up for my coach session for after lunch since I was scared and didn’t want to go first. We also visited the legislature before lunch and were able to meet with our representatives.

The legislature was not very exciting, but my dad and I found out who had taken Gabrielle LeDoux’s place: Representative Alan Austerman. We spoke with him for a few minutes in his office, but left to let him continue his work and give us time to walk back to the Arts center. After lunch, it was my turn to recite my poems for Jack Campbell. Even though it was just Mr. Campbell and my dad, my knees were shaking as I recited my poems. I was having nervous thoughts about my recitation, but Mr. Campbell helped me get rid of them and told me which parts I should work on. After I recited “To Spareness” by Jane Hirshfield, he asked me to try and put the poem into sign language. I tried to create the feeling of the poem with images; it was very difficult, I realized—which was part of Mr. Campbell’s intention, since he wanted me to realize that poems can be very abstract and subjective.

(Continued on page 9)

WORD BUILDING

Use the following letters to make words in the slots provided.

O O M H S T

1. □ □ □

2. □ □ □

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19. □ □ □ □ □ □

Answers can be found on page 11.

Elementary Writing

Students in Mark's class have been learning how to write a paper using a 'key word outline'.

The way the key word outline works is:

- 1 ~ Student reads the entire passage (poem, paragraph etc.)
- 2 ~ Student then re-reads the passage and underlines three key words in each sentence that will help them remember what that sentence is about.
- 3 ~ Using the words they underlined, the student recreates the passage in their own words. They are allowed to look back on the passage to clarify a fact, but cannot copy a sentence from the original.
- 4 ~ Numbers from the passage don't count against the 3 chosen words
- 5 ~ Students then go back and add "dress-up words" (adjectives) and "-ly" words (adverbs) to make the writing more interesting.

Here is some of their work.

RAIN

By Dolly Ann Zharoff, 4th Grade, Igiugig School

I was walking from school and I felt tons of drops of water on my shoulder. I looked up and I felt water flow in my eyes and into my brain. I got home and my head felt heavy. When I got into my house I felt tired, so I hopped into my small bed. When I hopped into my bed I heard this rainy slishity-slosh sound in my head. I got up slowly and stepped softly. I wanted to do a handstand, but I was afraid that I might overflow. I tried to tell my mom about this but she might think I'm weird. Pardon all of the crazy things I just screamed. Ever since I've had water in my head I've noticed that there are water bugs in my head. In winter I don't want to go outside because I'm afraid I will freeze in one second. Sometimes I wake up with a wet bed.

Rain

By Joshua Brown, 3rd Grade, Igiugig School

I opened my dark blue eyes. I looked up at the dark creepy clouds. Rain dripped into my head. It made a river by my brain. I was lying in my bed last night when I heard something. The rain in my head was going slishity-slosh. I softly got out of bed. I walked so very slowly. I can't do a handstand because I just might overflow. Pardon me but I am sorry I told you my crazy story. It is just not the same since I got water in my soggy head.

Rain

By Fewnia Zharoff, 3rd Grade, Igiugig School

I opened my eyes. I looked up and then pronounced, "I do not like rain." The rain dripped into my head. I knew that the rain was going to drip into my brain. I was lying in my bed and I hear rain moving in my head. The rain was giving me a headache. It was going slishity-slosh in my head. I hopped out of my bed. I slowly and softly went to the bathroom. Then I tried to do a handstand but I thought if I did I might overflow. I went to school. I told my friends, "Am I crazy?" They said, "Yes you are." Since I went crazy with the rain made my head, I don't think right. My friends are mad at me.

Rain

By Kyle Andrew, 1st Grade, Igiugig School

I open my eyes and I look up at the sky. The rain, it hits my eyes and it feels good. It's dripping into my eyeballs and it flowing through my brain. Then it gets stuck. I hear the rain dripping on my roof and I can't fall asleep when I am lying in my bed. I hear the rain slishity-sloshing in my head and I don't feel good. I walk softly and slowly out of my bedroom and I can't do a handstand or I will overflow! Then I go back to bed. The thing that I explained was wild and crazy so will you just pardon me please? The rain that fell in my head was so hot that it boiled my brain.

Frostbite, The Cell Killer

By Shaun Andrew, 6th Grade, Igiugig School

When frostbite occurs a complex chemical reaction causes a tissue to freeze and cells to die. The three main stages of frostbite include: frostnip, superficial frostbite, and deep frostbite. Frostbite is caused by careless mistakes and can be prevented.

Victims of frostbite usually aren't prepared for the extreme weather conditions. Most factors of frostbite are led by not dressing properly. Not dressing properly causes exposure in some areas. Another main cause to frostbite is exposure because a victim's skin will freeze quicker and progress into a deadlier stage of frostbite. Another factor to frostbite is victims are not used to the temperature when arriving from a warmer climate. These people think they will be fine, but their skin freezes causing frostnip. Even though I explained many causes to frostbite there are many more.

The first stage of frostbite is frostnip. Frostnip is not deadly, but if the victim doesn't treat the affected area right away, it will get worse. The skin is usually frozen, white, and when re-warmed turns purple or blue. Medical help is not really necessary if a victim can take care of him or herself. After developing frostnip the exposed skin will progress to another deadlier stage of frostbite. Underneath the skin what kind of action is going on. The skin cells are fighting the freeze, but as it gets colder they begin to lose the fight. The main extremities: the ears, toes, fingers, and nose are affected greatly. If you think this isn't serious superficial frostbite is a lot worse!

Superficial frostbite burns and stings like a 94mph fast-ball hitting a bare hand. Unlike frostnip the superficial stage has a victim's skin completely frozen and has more patches of white. Medical personnel should look at the victims frostbite to

prevent it from getting to deep frostbite, **the worst stage**. This stage cannot be treated as easy as frostnip because the skin is completely frozen. The skin cells are fighting even harder because they are losing the fight. The bone cells are getting effected too because this stage of frostbite is a lot worse than frostnip. Many more factors cause frostbite even though I explained others before.

More causes include: victims drink alcohol, which make them not feel the cold. Fatigue is a main cause because victims are sweating and want to take off their winter gear. Wet clothing drains their strength causing fatigue. Due to lack of preparation the victim won't know if a storm is coming. Dehydration drains strength causes fatigue. Because of deep frostbite the bone and skin cells turn black and die.

Deep frostbite is the worst stage because the skin blisters, a tissue freezes, and then kills cells. The skin turns yellowish and the blisters are filled with blood. In the end the victim could get the inflicted area amputated or he or she could die from injuries. This is the third stage and the deadliest by far because the skin re-absorbs itself. To conclude on deep frostbite, medical help should be called upon immediately to treat it as fast as possible. If people paid attention to what they are wearing, would they get any of the stages of frostbite?

Even though people don't dress properly and expose skin. Parents should be stricter on dressing their children for long periods of time. People who aren't victims should always pay attention to the weather and how long they are going be outside. Anyone should always be prepared because no one can expect anything or a late winter storm. Stay prepared and use the knowledge of frostbite to prevent getting it.

The Moon

By Dolly Ann Zharoff, 4th Grade, Igiugig School

At night people get telescopes and gaze at the moon. Have you seen the moon? The moon is small. When you see it, it is thousands of miles away. Every single night the moon is in a different spot. Did you know that the earth is round like a ball? It's even smaller than the sun. The sun looks like a large bright object in the cobalt sky. The sun is really bright so you sometimes have to wear sunglasses. The earth takes 365 days to orbit around the big orange sun. When the sun goes all the way to the far side of the world and it is night here, the moon comes out and the sun gives light to the moon. At night you sometimes don't need a flashlight because the moon gets light from the sun and the moon reflects sunlight on earth. Sometimes there is no moon. If the moon is on the far side of the earth it is blocking the sunlight so the sun won't shine on the moon. The moon is full because the moon is facing the sun and it reflects sunlight. Did you know that the moon is in the earth's gravity? No one lives on the moon because there is no water or food. The moon is very rocky. The moon has no plants or animals. During the day it is roasting on the moon. Sometimes its hundreds of degrees. At night it is extremely cold. It even gets 250° below zero. Men have visited the moon. They had to wear space suits. They didn't stay there for a long time. Before they left the moon they got a U.S flag and stuck it in the moon. They brought rocks back to earth. The moon is much smaller than the sun. People enjoy gazing at the moon at night. They probably always will.

POETRY OUT LOUD *(Continued from page 6)*

After the coaching time, we were able to go off on our own and get ready for the dress rehearsal at 3:00. After running through the dress rehearsal we waited for the public to show up and prepared for the competition. We silently and nervously waited for the time when someone would come in and tell us that it was time. Finally, after what seemed like hours but was really only about 30 minutes, someone came and got us so the competition could start.

Tyee Dunlap, the Juneau representative, was first. Tyee started his first poem, "The Powwow at the End of the World." As his voice carried the emotions the poem needed, an incredible calm came over me as I listened to the drifting words. I was so disappointed when he stopped, and started his poem over, because he surely would have made it to the finals if he had continued. Elias Garvey came next; he stood up on the stage and closed his eyes. When he opened them, he became a completely different person who made Jabberwocky become an adventure instead of words on paper. Each word they spoke made me less and less nervous. After Elias was finished, it was my turn. Amazingly I was calm and still. It felt like the eye of a hurricane, and I hoped that I would stay in that eye forever.

"I Am! By John Clare," I said. Words flowed out of me and then before I knew it I was stepping off the stage. My knees didn't shake at all. After looking back at my recitation, which I could barely remember even though I just did it, I started to panic, wondering why my poem went by so fast. Did I skip parts? Did I go too fast? Before I could convince myself I had totally ruined it, Justina Lipscomb started her first poem, "Fierce Girl Playing Hopscotch" by Alice Fulton. Again, I was awed by the interpretations of the other competitors. After Justina came Marti Maley, with "I Grant You Ample Leave" by George Eliot. Their voices were totally different but both girls conveyed their poem flawlessly. Emma Roemhildt was next, with "In the Basement of the Goodwill Store" by Ted Kooser. After her, Caitlin Woolsey made everyone laugh with "Mrs. Caldera's House of Things" by Gregory Djanikian.

The first round was finished and we continued onto the second. After the second round, the judges went and decided who would be the three finalists. When they came back, they announced that there were actually four finalists, Elias Garvey, Marti Maley, Emma Roemhildt, and Caitlin Woolsey. The finalists would recite their third poem for the judges, then the judges would once again go to their chamber and decide who would represent Alaska in the nationals. After the judges went into their judge chamber, the other non-finalists recited their poems. Instead of reciting his last poem, Tyee Dunlap performed one of his own poems, which was an intense, but very impressive one that was almost a rap, about the issues we face with the environment and Earth.

When the judges came back, they announced Caitlin Woolsey, with her great sense of humor, had won the competition. There was a reception with delicious food and punch afterwards. Many people came up to me and told me that not only were they impressed, but they actually had fun (some of them were expecting the event to be boring). Even though I didn't win, I thought the Poetry Out Loud contest was very fun. It was so amazing to listen to the other six competitors recite the poems through their own interpretations, and I came back from the competition with much more of an appreciation for poetry than I had before.



Poetry Out Loud contestants



The Poetry Out Loud contestants and judges.

Lights out in 84 countries for Earth Hour 2009

The Associated Press

Friday, March 27, 2009

CHICAGO: The lights are going down from the Great Pyramids to the Acropolis, the Eiffel Tower to the Sears Tower, as more than 2,800 municipalities in 84 countries plan Saturday to mark the second worldwide Earth Hour.

McDonald's will even soften the yellow glow from some Golden Arches as part of the time zone-by-time zone plan to dim non-essential lights between 8:30 p.m. and 9:30 p.m. to highlight global climate change.

"Earth Hour makes a powerful statement that the world is going to solve this problem," said Carter Roberts, chief executive of the World Wildlife Fund, which sponsors Earth Hour. "Everyone is realizing the enormous effect that climate change will have on them."

Seven times more municipalities have signed on since last year's Earth Hour, which drew participation from 400 cities after Sydney, Australia held a solo event in 2007. Interest has spiked ahead of planned negotiations on a new global warming treaty in Copenhagen, Denmark, this December. The last global accord, the Kyoto Protocol, is set to expire in 2012.

U.N. Secretary-General Ban Ki-moon encouraged the convention to reach a fair and effective climate change agreement and promoted Earth Hour participation in a video posted this month on the event's YouTube channel.

"Earth Hour is a way for the citizens of the world to send a clear message," Ban said. "They want action on climate change."

Other videos have been posted by celebrities such as rocker Pete Wentz and actor Kevin Bacon, and WWF has offered Earth Hour iPhone applications, all part of a virtual effort that search engine Yahoo! says has resulted in a 344 percent increase in "Earth Hour" searches this February and March compared with last year.

New studies increasingly highlight the ongoing effects of climate change, said Richard Moss, a member of the Nobel Peace Prize-winning Intergovernmental Panel on Climate Change and WWF's climate change vice president.

"We have satellites and we have ships out at sea and we have monitoring stations set up on buoys in the ocean," Moss said. "We monitor all kinds of things people wouldn't even think about. The scientific research is showing in all kinds of ways that the climate crisis is worsening."

But not everyone agrees and at least one counter protest is planned for Saturday.

Suburban Philadelphia ice cream shop owner Bob Gerenser, 56, believes global warming is based on faulty science and calls Earth Hour "nonsense."

The resident of New Hope, Pennsylvania, and owner of Gerenser's Exotic Ice Cream planned to illuminate his store with extra theatrical lighting.

"I'm going to get everyone I know in my neighborhood to turn on every light they possibly can to waste as much electricity as possible to underline the absurdity of this action ... by being absurd," he said.

Earth Hour 2009 has garnered support from global corporations, nonprofit groups, schools, scientists and celebrities □ including Oscar-winning actress Cate Blanchett and the Archbishop Desmond Tutu.

McDonald's Corp. plans to dim its arches at 500 locations around the Midwest. The Marriott, Ritz-Carlton and Fairmont hotel chains and Coca-Cola Co. also plan to participate.

Nearly 200 U.S. cities, towns and villages have signed on, from New York City □ which will darken the iconic Empire State Building and Broadway marquees [to Igiugig, population 53 on Iliamna Lake in southwestern Alaska.](#)

Among the efforts in Chicago, 50,000 light bulbs at tourist hotspot Navy Pier will dim and 24 spotlights that shine on Sears Tower's twin spires will go dark.

"We're the most visible building in the city," said Angela Burnett, a Sears Tower property manager. "Turning off the lights for one hour on a Saturday night shows our commitment to sustainability."

The Commonwealth Edison utility said electricity demand fell by 5 percent in Chicago and northern Illinois during last year's Earth Hour, reducing about 840,000 pounds (380,000 kilograms) of carbon dioxide emissions.

"It goes way beyond turning off the lights," said Roberts of the WWF. "The message we want people to take away is that it is within our power to solve this problem. People can take positive constructive actions."

GARDENERS GOODIES

APRIL garden activities:

- ❑ APRIL – Pay attention to your starters!! 1 – Temperature 2 - Lighting 3 - Fertilizer.
These three are the main reasons that your small plants grow well and the lack there of, is the reason they would be doing poorly, so look at your plants and consider those three items to determine if they are lacking anything—
Too cold – slow growth
Too hot – long stretched out growth easily diseased
Not enough light – long leggy growth and poorly colored leaves
Low fertilizer – slow growth
Too much fertilizer – fast growth but poor color and weak ‘watery’ plants
- ❑ APRIL – Inspire your kids to like vegetables by giving them their own starters to grow in a garden plot or pot for the summer.
- ❑ APRIL – Start seeds for short season plants indoors mid-month. These include cabbage, broccoli, cauliflower, and head lettuce among other things. Be sure to read the package directions on your seeds because some varieties of the same plants grow faster or slower than others so your start time may be different by a week or two. Count backwards from a June 1 plant out date.



What's new this month?

*The elementary students have planted flower starts to supply the Village Beautification Project.
Christina was in awe of their recycled milk containers.*

REMEMBER those Re's

***Reduce – Refuse – Reuse – Renew – Recycle – Remodel – Refurbish – Rebuild – Recharge –
Refill – Refinish – Repurpose – Recover – Reclaim
Reload – Reinvest – Reinvent – Re...something.***

*Be sure to tell kids what you want from them,
but remember that they will follow your example in action rather than your words,
so be sure your actions say the same thing as your words.*

“We don't litter around here”

Say what you do – do what you say!

Winter Bites Back

By Tess Hostetter, 7th Grade, Igiugig School

Getting frostbite is a lesson I will never forget. As my sister Mary said “If you hurt yourself while doing something—a mistake—you won’t repeat it.” I have found this to be very true. I know one thing about frostbite; it hurts.

It was seven o’ clock in the morning when Mary and I left from Kokhanok to Igiugig, 40 miles west, on an ATV. Dressed for the 25-degree weather two days ago when we came to Kokhanok, I was unprepared. Wearing only two sweaters, a light coat, ski pants, a scarf, and goggles not even half way there I was shivering uncontrollably. We were about 20 miles in the trip is when I realized I had lost the feeling on my right side of my face. I held my tongue, deciding, “What will Mary do?” so I pulled down my goggles to my cheeks hoping I might get enough warmth to prevent me from getting frostbite. Driving 30 miles per hour, when the weather conditions are 10 below zero, with a north wind teasing at your face, I could only hope that my face wouldn’t turn out like Yako’s toes, which were black and amputated.

Three quarters of the way there we were approaching Rocky Point. I was in panic. I sealed this away, not telling Mary that I was freezing cold. We were almost in the village, but my mind was in a boggle, it was like my conscience was separated from my mind, I didn’t know what I was even thinking! I tried concentrating on one word only (this happened to be lazy, I really don’t know how the word got in my mind). I started spelling it. L-A-Z-Y, L-A-Z-Y, L-A-Z-Y, C-A-Z-Y, C-O-Z-Y, C-O-L-Y, C-O-L-D, C-O-L-D, C-O-L-D, I was cold. All it was, was cold. No frostbite, no numbing, no thinking. It. Was. Cold. I was freezing, the cold was an unexplainable pain that burned with ice instead of fire. We were in the village. One more minute until warmth. Just *one more minute*.

Mary dropped me off at the school. I didn’t notice but I got off very stiffly and tried walking. Walking was difficult. I felt like I treaded water with all my clothes. I wanted to collapse and fall into a deep sleep but I pushed myself one step at a time. I opened the door. Warm air filled my lungs and warmth blasted against my face. It was like that first sip of hot chocolate when you were four and your best friend threw a gigantic snowball in you face.

I sighed with relief. The warmth re-bursting my energy I walked into the girls’ bathroom and approached the mirror to see the damage done. My face was really not what I expected, it was milder. I thought to see frostbite as something extreme red or white, maybe even black. But when I looked into the mirror, only a white circle about two inches long was on the right side of my face. I knew I could have had worse. I couldn’t feel where the frostbite effected; this was a little shocking to me.

I sat down, a wet paper towel pressed against my face and my energy was dwindling. I sighed and sluggishly walked to the classroom. Stopping the uncontrollable shivering didn’t work, trying to made my head hurt. I noticed that I also had a red line around my leg. Great. Wasn’t this day just dandy? Absolutely wonderful! I shrugged off my sarcasm. Anyway, this was my fault, if I just dressed warmer!

Well, the next thing I know is that the two-inched circle on my face had blown up and made my face look like someone had punched me. I have learned from this tragic experience; be prepared and dress warmly. Because I’ll probably never forget that stinging pain and the film of pure coldness around me, I will not make the same mistake.

JR. HIGH AA MEET (Continued from page 3)

sure they did what they were supposed to do. By the third time in the class, we became experts in dissecting mudpuppies, and luckily the class was all done with. The other classes they taught were Mad Science and Bungee Math. Mad science was about electricity and oceanography while bungee math was calculating dropping a doll and how much rubber bands were needed to drop a certain height. Next, we had to attend a workshop with the students.

My workshop was carpentry, which only four other students attended. Yet all of us had a wonderful time building the frame for a kiosk that will be put up somewhere in Naknek. But before we could begin, all the students had to hammer two nails into a board to show they can hammer correctly. Then, we cut the boards into the correct sizes and hammered them together. The teacher even let all the students try the nail gun and the buzz saw. Before we knew it, our time was up and we had to leave. The last bit we lead was the icebreakers.

Before every class session or meal, we prepared an icebreaker for the kids to get to know one another more. Some included the worm, where kids sat behind one another and moved as one by rocking back and forth, and the orange game, where you passed an orange down a line using only your neck and chin. We had many others but I won’t go through them all.

Unfortunately all the Jr. High students from Igiugig couldn’t make it, so hopefully next year we will have more participants from here.

Fall-Winter-Spring...Summer

By Angel Alvarez, 11th Grade, Igiugig School

This school year began seeming it would be long,
 Making bracelets imitating the American flag.
 The first day of school seems only weeks ago,
 Now we're less than two months away for it to end.
 The weather doesn't even look like spring!
 It is hard to dream of fishing,
 Or playing in the sun;
 The weather is still tricking me
 With more weeks of winter "fun."
 Time has flown and now it's gone,
 Where did it all go?
 But, I must admit I'm ready for the sun to melt the snow.



AKNOS

Shaun, Tess, Jeremy, and April presented their stories to the Igiugig community this past weekend in preparation for the annual Alaska Native Oratory Society competition. They will be traveling to Anchorage on April 2nd to participate with other high school and college students. Shaun and Tess, who will not officially participate until they are in high school, are going to observe and will get to present their speeches to the judges so they know what to expect. Good luck to all.



Answers to WORD BUILDING (game on page 6)

HOT, TOO, OHM, MOO, SOT, HOOT, HOST, OHMS, MOTH, MOOT, MOOS, MOST, SHOT, SHOO, SOOT, HOOTS, MOTHS, SHOOT, SMOOTH

Odd Word Definitions: (from www.dictionary.reference.com)

ohm [ohm] *noun*
 the measurement of electrical resistance

sot [sot] *noun*
 a drunkard; a stupid person; a blockhead; a dull fellow; a dolt

moot [moot] *adjective*
 open to discussion or debate; debatable; doubtful; of little or no practical value or meaning; purely academic

Answers to SUDOKU (game on page 5)

7	8	9	1	2	4	3	5	6
6	4	2	5	8	3	7	1	9
1	3	5	7	6	9	8	2	4
2	1	4	9	7	6	5	8	3
5	6	8	3	1	2	9	4	7
3	9	7	8	4	5	2	6	1
8	7	3	6	5	1	4	9	2
4	5	6	2	9	7	1	3	8
9	2	1	4	3	8	6	7	5



Environmental Report

Contributed by the Environmental Department



This month's article is going to focus on ways to reduce your electrical usage in your home. Igiugig Village Council and the Electric Company have decided to raise electric rates by 20 cents a kilowatt, effective May 1st, 2009.

There are many small steps you can take to reducing your electric bill. With longer and brighter days, we have Mother Nature on our side. Lights do not need to be used as frequently and you can even start to lower the temperature on your stove.

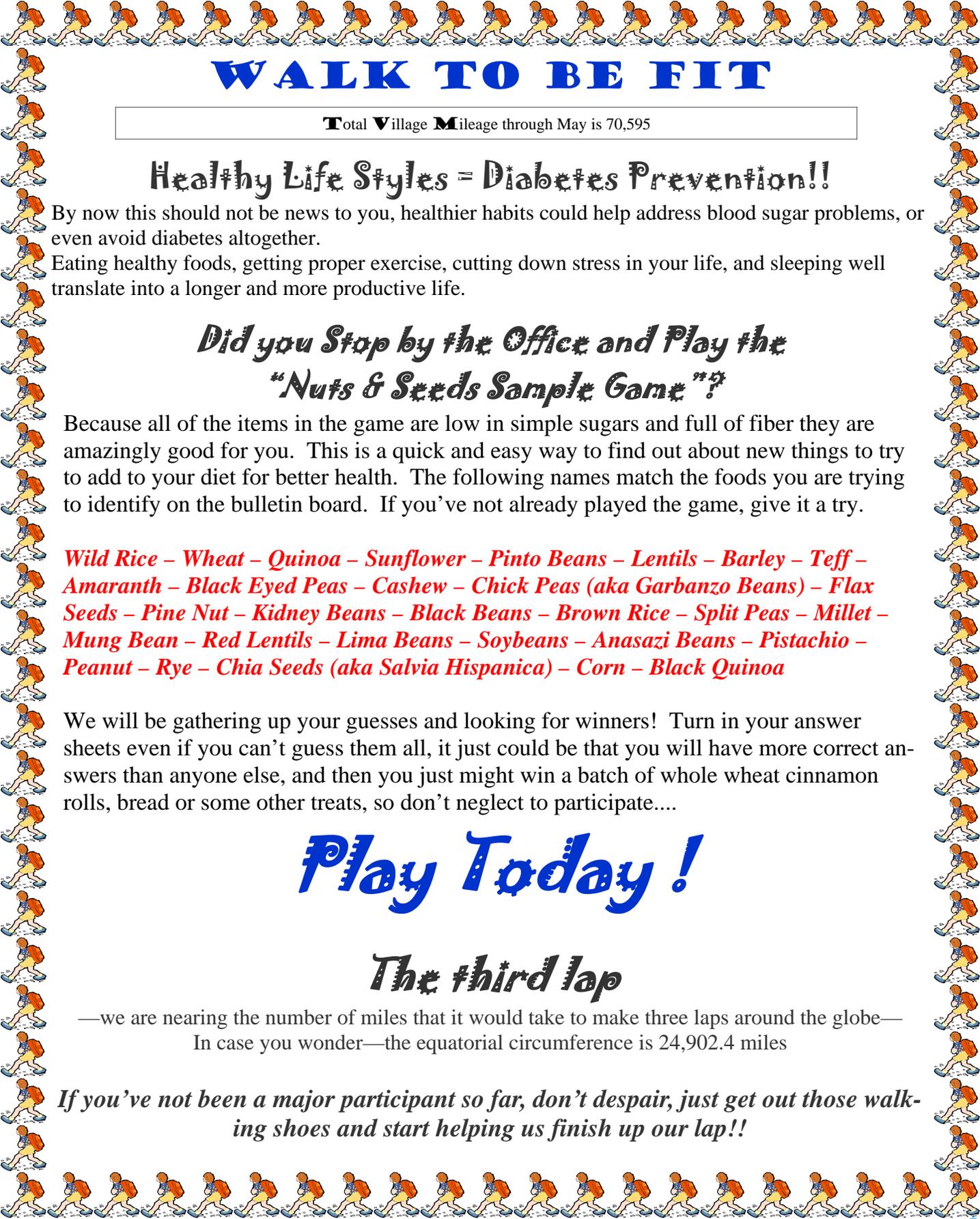
- We all know this rule: **turn off lights** when you are not using them, including outdoor lights.
- **Keep your bulbs clean**, dust can cut light output by as much as 25%.
- Switch to **energy star qualified compact fluorescent light bulbs**. CFL's produce 75% less heat, so they are safer to use and they last 10 times longer than standard incandescent bulbs.
- **In your fridge, cover and wrap food**. Uncovered foods and liquids release moisture that makes the fridge work harder.
- **Check the door seals**. Close the fridge door on a piece of paper that is half in and half out. If you can remove the paper easily, you may need to replace your seals.
- **Decide what you want from the fridge before opening it**. This saves the energy it takes to cool your fridge.
- Turn your **water thermostat down to 120°F** this saves energy and prevents minor burns.
- **Wash laundry in cold water** instead of hot, hot water only needs to be used in very dirty loads.
- **Hang clothes outside to dry**. Sunshine is free!
- **Unplug appliances you are not using**. Even if an appliance, like your toaster, is not being used, but still plugged in, it is drawing electricity.

I hope these tips come in handy in keeping your electric bill under control.

In other IGAP business, April and I are planning fun activities for Earth Day coming up on April 22nd. We are also working on a mini-grant through ALPAR for a summer clean up program.

Just to note: with break-up right around the corner, we ask that everyone do their part to keep our community beautiful. As the snow melts and trash shows its ugly face, please pick it up when you see, don't just walk past it! Thank you!





WALK TO BE FIT

Total Village Mileage through May is 70,595

Healthy Life Styles = Diabetes Prevention!!

By now this should not be news to you, healthier habits could help address blood sugar problems, or even avoid diabetes altogether.

Eating healthy foods, getting proper exercise, cutting down stress in your life, and sleeping well translate into a longer and more productive life.

Did you Stop by the Office and Play the "Nuts & Seeds Sample Game"?

Because all of the items in the game are low in simple sugars and full of fiber they are amazingly good for you. This is a quick and easy way to find out about new things to try to add to your diet for better health. The following names match the foods you are trying to identify on the bulletin board. If you've not already played the game, give it a try.

Wild Rice – Wheat – Quinoa – Sunflower – Pinto Beans – Lentils – Barley – Teff – Amaranth – Black Eyed Peas – Cashew – Chick Peas (aka Garbanzo Beans) – Flax Seeds – Pine Nut – Kidney Beans – Black Beans – Brown Rice – Split Peas – Millet – Mung Bean – Red Lentils – Lima Beans – Soybeans – Anasazi Beans – Pistachio – Peanut – Rye – Chia Seeds (aka Salvia Hispanica) – Corn – Black Quinoa

We will be gathering up your guesses and looking for winners! Turn in your answer sheets even if you can't guess them all, it just could be that you will have more correct answers than anyone else, and then you just might win a batch of whole wheat cinnamon rolls, bread or some other treats, so don't neglect to participate....

Play Today!

The third lap

—we are nearing the number of miles that it would take to make three laps around the globe—
In case you wonder—the equatorial circumference is 24,902.4 miles

If you've not been a major participant so far, don't despair, just get out those walking shoes and start helping us finish up our lap!!

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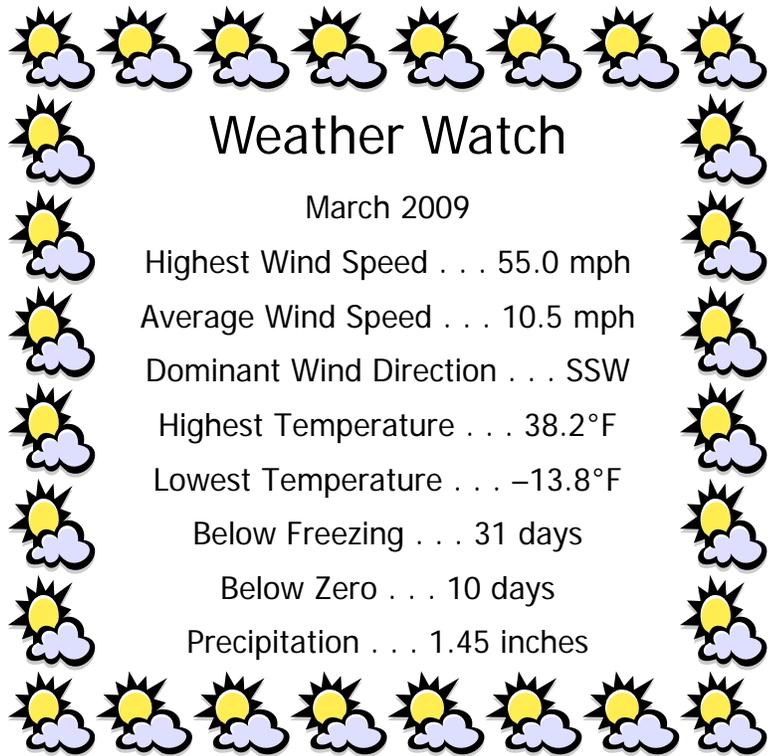
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Recipe Corner

Penne With Spring Vegetables

(You can substitute small white beans or chickpeas instead of kidney beans if you like.)

- 8 ounces penne pasta
 - 1 cup baby carrots
 - 6 asparagus spears, cut into 1" pieces
 - 1 cup snap peas
 - 4 scallions, cut into 1" pieces
 - 1 tomato, cut into wedges
 - 8 oz. canned kidney beans, rinsed and drained
 - 2 tablespoons capers, drained
 - ¾ cup Italian dressing
 - ½ cup shredded parmesan cheese
1. Prepare the penne according to package directions. Add the baby carrots during the last 2 minutes of

cooking. Add the asparagus and snap peas during the last 30 seconds of cooking. Rinse the cooked penne and vegetables under cold water and drain.

2. In a serving bowl, combine the penne and vegetables with the scallions, tomato, beans, capers, dressing, and cheese. Toss to coat well.
3. Serve immediately or refrigerate for up to 24 hours.

